



Outdoor Classes and Workshops

Discover Scuba-This workshop will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements. Wear your swimsuit and bring a towel, you will be able to get into the pool with an instructor and try out the equipment.

ORCL-3C 16yrs+ W 6/15 6:45-9:15pm \$40 OCP
ORCL-4C 16yrs+ Th 6/23 9:30am-12pm \$40 OCP
ORCL-5C 16yrs+ Th 7/28 6:45-9:15pm \$40 OCP

☞ **NEW! Gardening: Rose Gardens 480-350-5201**-Roses add a special touch to any garden and may be used as ground covers, climbers or shrubs. This class will get beginners started on their own rose gardens and provide intermediate gardeners with helpful hints. Topics include: proper planting, pruning, pest control and care.

KGAR-1C 18yrs+ W 6/22 6-7pm \$10 KRC

☞ **NEW! Gardening: Annuals 480-350-5201**-Learn which annuals are best at providing year-round color in containers and beds and how best to use them for long-term design.

KGAR-2C 18yrs+ W 6/29 6-7pm \$10 KRC

☞ **NEW! Gardening: Creating a Hanging Container 480-350-5201**-Hanging baskets can add levels of display, color or abundance to your yard or home. Learn the best ways to plant, hang and care for your creation.

KGAR-3C 18yrs+ M 7/11 6-7pm \$10 KRC

Gardening: Vegetable Gardens 480-350-5201-Want organic vegetables grown in your backyard? Learn how to plant, fertilize and care for your vegetable garden - naturally.

KGAR-4C 18yrs+ M 7/18 6-7pm \$10 KRC

Gardening: Irrigation 480-350-5201-Proper irrigation provides a healthy environment for plants. Find out how to install, maintain or fine-tune your watering system. Learn great tricks to save money and time.

KGAR-5C 18yrs+ W 8/3 6-8pm \$15 KRC

National Trails Day Hike-Join us we celebrate National Trails Day at historic Papago Park in Tempe. Our hike leader will take us on a journey through time as we walk through trails of yesterday, today and tomorrow. This hike does have some ups and downs so please wear appropriate attire for the trail and the weather. Water will be available. We will meet at the trail head located in the parking lot just south of the Arizona Historical Society, 1300 North College Ave. Please register early. Fee: none.

OH1K-1C all ages Sa 5/14 7:30-9am AZH

Outdoor Cooking-Maggie McClure, outdoor cooking expert, will share recipes and demonstrate several cooking methods to use on your next camping trip. Learn secrets to make your next outdoor cooking experience a culinary delight! Class will be held on the outdoor patio. Fee: Adult \$26; Youth \$13.

ORCL-9C 10yrs+ Tu 6/7 6:30-8:30pm PAC

Rock Climbing and Rappelling-Basic instruction on fundamentals and techniques of climbing, as well as knot tying and methods of belaying. Adults 18 years+ only. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form.

ORCL-8C 18yrs+ W 6/22-7/6 6:30-9:30pm \$45 ROC

Rowing

JUNIOR ROWING

Junior refers to high school age rowing or anyone 18 years old or younger. Rowers spend their first year as a Novice rower; learning the technical skills and gaining the physical fitness needed to produce a smooth, stable boat. At local competitions, novice rowers race against other novice rowers leveling the playing field and creating some exciting race opportunities. After completing the novice year, rowers enter into the Varsity class to improve their skills and fitness and to focus on upcoming races. There is more emphasis on boat speed and selection; A squads and B squads are formed and the team will race locally as well as going on the road to race.

Novice-Recreational Row/Juniors-Come join the Novice rowing team and develop your rowing skills in a team sport environment. The novice year focuses on learning the rowing stroke and rowing fitness. Novice/Recreational rowers will be eligible to race in local competitions. Float tests* will be held on 6/1 at a local pool for all first timers. Recommend 1-year participation.

OROW-1C 13yrs+ M/W/F 6/6-7/29 7-9am \$87 TTL

Varsity Row-Juniors-Designed for rowers that have completed their novice year or have taken the Varsity class. Varsity Rowing fine-tunes the skills you have learned to create fast racing boats and build a competitive team. This class will be training and preparing for races.. This course is repeatable. Prerequisite: 4 Sessions Novice Rowing.

OROW-2C 13yrs+ M/W/F 6/6-7/29 7-9am \$87 TTL

ADULT ROWING

Adult Rowing encompasses anyone who is 18 years old or older. Whether you are an accomplished, competitive rower or if you have never seen a rowing shell before, we have a class for you.

- Beginners will take the Learn to Row 1 course to get introduced to the very basics of rowing. Learn to Row 2 will allow you to improve your newfound skills (or remember your old rowing skills!) and prepare to join the Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team; form boats and, possibly, put your skills to the test at one of our local rowing races.
- Fitness rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process. There is an option of racing at local and regional regattas with these classes.
- Competitive Rowing is for those who have had one or more years of rowing experience and some racing experience. This group focuses on competitive rowing and competing in local (Desert Sprints), regional (San Diego Crew Classic) and national regattas (Masters Nationals).

Learn to Row 1-Always wanted to try rowing? This class is for you! Designed exclusively for first time rowers, this course will lead you through the basics of the sport of rowing. Safety, boat handling, proper rowing technique and initial fitness development are stressed. Participants must be able to pass the 10 minute float test* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory.

OROW-3C 18yrs+ Sa/Su 6/4-6/26 7:30-9:30am \$105 TTLM

OROW-4C 18yrs+ Sa/Su 7/9-7/31 7:30-9:30am \$105 TTLM

OROW-5C 18yrs+ M/W 6/6-6/29 5:45-7:45pm \$105 TTLM

OROW-6C 18yrs+ M/W 7/11-8/3 5:45-7:45pm \$105 TTLM

Float Test

The float test is conducted during the first session of class at a City of Tempe pool, usually Kiwanis Recreation Center. Students will be asked to float, tread water and/or swim unassisted for ten minutes. Please come with shorts and a t-shirt to float in, as well as a change of dry clothes. A presentation on rowing safety and a class introduction will be held at the pool as well.

Learn to Row 2-Your next step in rowing! This class will build on the skills you learned in LTR 1 in order to row or cox in an 8 or 4 person shell. The class will focus on developing rowing skills, fitness and confidence to progress to Novice Rowing. Prerequisite is LTR 1. Fee: \$105.

OROW-7C 18yrs+ Sa/Su 6/4-6/26 7:30-9:30am TTL

OROW-8C 18yrs+ Sa/Su 7/9-7/31 7:30-9:30am TTL

OROW-9C 18yrs+ Tu/Th 6/7-6/30 5:45-7:45pm TTL

OROW-10C 18yrs+ Tu/Th 7/12-8/4 5:45-7:45pm TTL

Novice Rowing-Completed Learn to Row 1 & 2 and you want more? Join rowers like yourself and continue the learning process. This follow-up class to LTR places even more emphasis on skill building and fitness development. Students are encouraged to repeat this course in preparation for advancement to higher levels. Local race participation is an option with this class. Prerequisite: LTR 2. Fee: \$108.

OROW-11C 18yrs+ Tu/Th 6/7-7/28 5:45-7:45pm TTL

OROW-12C 18yrs+ Sa/Su 6/4-7/31 7:30-9:30am TTL

Fitness Rowing-Designed for the rower who has completed Novice Rowing and wants to gain a higher level of experience. Fitness rowing will challenge rowers to improve skills and develop a strong cardiovascular fitness base. Prerequisite: Two sessions Novice Rowing. This class is repeatable.

OROW-13C 18yrs+ M/W/F 6/6-7/29 5:45-7:45pm \$132 TTL

OROW-14C 18yrs+ Sa/Su 6/4-7/31 5:30-7:30am \$108 TTL

Competitive Rowing-This course is designed with the serious competitive athlete in mind. Rowers are taught racing techniques, strategy and boat speed development. This class will be building toward the Southwest Regionals.

Prerequisite: One year plus rowing experience, with some racing experience.

OROW-15C 18yrs+ M/W/F 5/23-8/5 5-7am \$132 TTL

Ultimate Rowing-This class will mix the disciplines of sculling and sweep rowing, so a true sense of boat feel and boat speed is developed. It is modeled after the latest training methods used by the American and Canadian National Rowing Teams. All participants will alternate classes sculling and sweep rowing, with a specific coach for each discipline.

Prerequisite: One year rowing experience and some race experience.

OROW-16C 18yrs+ Sa/Su 6/4-7/31 5:30-7:30am \$118 TTL

Basic Sculling-This class will teach the student the basic skills required to row a single and quad oared shell. Prerequisite: Learn to Row 2.

OROW-17C 18yrs+ Sa/Su 6/4-6/26 9:30-11am \$70 TTL

OROW-18C 18yrs+ Sa/Su 7/9-7/31 9:30-11am \$70 TTL

Intermediate Sculling-This class is designed for those wishing further development of their sculling skills. There will be some emphasis placed on boat speed and competitive training. There is an option to participate in local and regional races with this class. Prerequisite: Two sessions basic sculling. This class is repeatable.

OROW-19C 18yrs+ Sa/Su 6/4-7/3 7:30-9:30am \$85 TTL

OROW-20C 18yrs+ Sa/Su 7/9-7/31 7:30-9:30am \$70 TTL

Outdoor Recreation

480-350-5200 • See page 2 for Code of Location Abbreviations.

Erg Fitness-Pilates has nothing on this! Whether you want to hone that competitive edge for the sprint season or if you just want to work off a few winter pounds, this class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. Prerequisite: LTR 2.

OROW-21C 18yrs+ Tu/Th 6/7-6/30 6-7:30pm \$50 TTL
OROW-22C 18yrs+ Tu/Th 7/5-7/28 6-7:30pm \$50 TTL

Introduction to Dragon Boat Paddling-Interested in learning about the fastest growing new sport on Town Lake? This class is your opportunity. You will learn the stroke basics, receive some fitness training specific to the sport and have plenty of opportunities to paddle on the lake. No experience is necessary. Float test is required and will be held on the first day of the class. No experience necessary.

ODRA-1C 18yrs+ Sa 6/4, 11, 18, 25 7-9am \$60TTL
ODRA-2C 18yrs+ Sa 7/9, 16, 23, 30 6-8am \$60TTL

Kayak

Moon Light Kayak Float-Ever paddled by the light of the moon? Now you can with Arizona Canoe & Kayak. We'll fit boats, grab paddles and wear life jackets to launch our boats on Tempe Town Lake under the full moon. Prior experience is not necessary. Bring your swim suit, glow sticks, towel and dry clothes and prepare to howl at the moon. Kayaks, canoes, equipment and PFDs will be provided. Must be 18 years or older to participate. Fee: \$25 if you need a boat, \$15.00 if you bring your own boat.

OPAD-1B 18yrs+ Sa 5/21 7-9pm TTL
OPAD-1C 18yrs+ Tu 6/21 7:30-9:30pm TTL
OPAD-2C 18yrs+ F 7/22 8-10pm TTL



Beginning Kayaking-Ever wanted to learn how to roll a kayak? Arizona Canoe and Kayak Classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16-hour class exposes you to fitting and selecting gear, basic strokes, wet exits, bow rescues, Eskimo rolls and boat handling technique for kayaks. Prior experience is not necessary. Whether you're a wannabe river or sea kayaker, this is the class you need. Bring your swimsuit and towel (wetsuit if you get cold) and be prepared to have fun! Kayaks, equipment and PFDs provided. Call Arizona Canoe and Kayak for more information, 480-755-1924. Fee: \$185.

OPAD-3C 16yrs+ Sa/Su June 4,5,11,12 AZCK
OPAD-4C 16yrs+ Sa/Su June 18,19,25,26 AZCK
OPAD-5C 16yrs+ Sa/Su July 9,10,16,17 AZCK
OPAD-6C 16yrs+ Sa/Su July 23,24,30,31 AZCK
OPAD-7C 16yrs+ Sa/Su August 6,7,13,14 AZCK
OPAD-8C 16yrs+ Sa/Su August 20,21,27,28 AZCK

***All Saturday classes 12-4pm, all Sunday classes 2-6pm**

Register online at www.tempe.gov/brochure or come to the Rio Salado Operations Center at 620 N. Mill or the Tempe Public Library (2nd Level) to register.

Sports Activities for Adults

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Baseball			X	
Co-Rec Soccer	X		X	
Co-ed Kickball			X	X
Flag Football	X			
Volleyball	X	X	X	X

Organizational meetings are a requirement for league participation and are held at the following facilities:

ESC Escalante Community Center, 2150 E. Orange Street
KRC Kiwanis Recreation Center, 6111 S. All-America Way
LIB Tempe Library Building Board Room, 3500 S. Rural Road
PYLE Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING		
League	Location-Date-Time	Season
Men's Baseball	Not yet scheduled	Spring 2006
Men's Basketball	PAC-4/28/05, 7:30pm	5/31/05-7/28/05
Flag Football	PAC-8/18/05, 7:30pm	9/20/05-11/15/05
Women's Basketball	ESC-7/20/05, 6:30pm	9/12/05-11/9/05
Co-Rec Soccer	PAC-7/20/05, 7pm	9/7/05-11/16/05
Slo-Pitch Softball	TBA 7:30pm: Men & Women 8:15pm: Co-Recreational	
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

McClintock High School Adult Fitness-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. For additional information call 480-350-5218.

Supervised Basketball Program-The Kiwanis Recreation Center offers men and women ages 16yrs+ a supervised drop-in basketball session; 2 courts are available. Call ahead to check gym availability, 480-350-5711. Program is on-going. Fee: \$3.

NO CODE 16yrs+ Th 4-8pm KRC
Su 9-11:30am KRC

Drop-In Volleyball Program-The Kiwanis Recreation Center offers men and women ages 16+ years a supervised drop-in volleyball session. Two courts are available to all levels of play. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.

NO CODE 16yrs+ Su 1-4pm KRC

Open Gym Volleyball-Bring your friends for fun afternoon of bumping the ball around on our indoor climate controlled court. 14 weeks: 6/4-9/3. Fee: None.

16yrs+ Sa 2-4:30pm ESCA

Dodge Ball Tournament-Come out and enjoy a good old fashion dodge ball game. This will be an adult double elimination tournament. Open enrollment, 8-10 players per team. Registration forms are available at the Kiwanis Recreation Center or online at www.tempe.gov/pkrec/krc. Registration deadline: June 1. Call 480-350-5753 for more information. Fee: \$50 per team. KDBT-1C 18yrs+ Tu,W 6/7,6/8 6-10pmKRC

Sand Sports will be running adult sand volleyball leagues this summer at the Kiwanis Recreation Center. Four divisions will be offered with games played on Mondays and Thursdays. League dates: 6/2-8/1. For registration information call Sand Sports at 480-921-7263 or visit them on the web at www.sandsportsvb.com.



FastAction Sports will be running adult indoor volleyball leagues this summer at the Kiwanis Recreation Center. Four divisions will be offered with games played on Tuesdays and Wednesdays. League dates: 6/21-8/17. Cost per team is \$300. For registration information call Will Howald with FastAction Sports at 602-620-0375 or go to www.fasports.com.